Pilot Personality, MOA and FOF

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The Right Stuff--Wolfe, T

Stamina, guts, fast neural synapses, and old fashioned hell raising

Flaw of Pilot Personality Theory

Modal (most frequently occurring) pilot

Common characteristics

- Like to control
- Maintain emotional distance
- Mission oriented compartmentalizer
- Systematic and methodical

Contradictions

- Highly intelligent--not intellectually oriented
- Team player--anxiety in close relationships
- Gregarious & extroverted--not really warm
- Many acquaintances--very few close friends
- Appears easy going--despite driven quality
- Conforming-- need novelty & excitement

Vulnerabilities

“Successful” Pilot	**“Failing” Pilot**
High mastery need	Aggressive
Type A-highly driven impatient/	Type A impulsive
High performance	Low performance
Few health problems	Many health problems
Good CRM	Poor CRM

Vulnerabilities

“Successful” Pilot	**“Failing” Pilot**
Discipline & good judgment	Impulsive, lacks judgment, takes risks
Knows his & aircraft’s limits and capabilities	“Hot pilot” syndrome lives beyond his & aircraft’s capabilities
Professional & team player	Ego centric

Overall Conclusions!

- No single pilot type
- General knowledge of successful pilots necessary to identify those at risk
- Successful profiles changing

Questions?

MOA/FOF

What do they mean?

Manifestation of Apprehension (MOA)

"State of psychological anxiety, apprehension, and (or) physical impairment exhibited by **students** toward their **training** environment" (ATCR 51-3)

Symptoms of MOA

- Passive or active airsickness
- Insomnia
- Loss of appetite
- Anxiety or tension related to the flying environment
- May be history of vague medical complaints, frequent flight surgeon visits, lack of preparation, daydreaming
- Deterioration of performance

Indications

- Demotivation
- Negative attitude toward learning
- Loss of sense of humor
- Other personality changes

Administrative, not medical, elimination

Fear of Flying (FOF)

Non-phobic fear of flying is an administrative, not a medical, problem (AFI 48-123)

WHAT IS A PHOBIA?

Phobic Symptoms (Specific Phobias, DSM-IV)

- Marked and persistent fear that is excessive or unreasonable, cued by the presence of or anticipation of a specific object or situation
- Exposure to the phobic stimulus almost invariably provokes an immediate anxiety response, which may take the form of a situational bound or situationally predisposed Panic Attack

Phobic Symptoms (Specific Phobias, DSM-IV)

- Person recognizes the fear is excessive or unreasonable
- Phobic situations avoided or endured with intense anxiety or distress
- Avoidance, anticipation or distress in the situation interferes significantly with normal routine, occupational functioning, social activities or relationships or there is marked distress about having the fear
- Not accounted for by another mental disorder.

“Flying phobia” is grounds for disqualification from continued military service

If it is of sufficient magnitude to preclude military air transportation

Three considerations (Strongin, 1987)

- Do the symptoms stem from a preexisting disorder?
- Situational stress?
- Have life circumstance temporarily altered motivation and defenses?

FS responsibility

- If present with physical symptoms, perform medical work up.
- If no physical basis for sxs maybe "psychogenic". Clues to look for:
  - sxs interferes with flying (safety)
  - preoccupied with sxs & flying
  - lack of concern for underlying disease process
  - negative or reservedly positive reply to RTF ?

FS responsibility

- Refer to MH to determine if fear is part of mental illness
- If part of mental illness, then treat till recovered
- If no recovery, disposition through medical channels

FS Responsibility

- If no mental illness or if recovers but refuses to fly, can try to treat fear of flying.
- If refuses therapy or if refuses to fly after therapy = administrative disposition
  - No mental illness but unwilling to fly
- Disposition can range from non punitive reclassification to dismissal from the AF (FEB)

Conclusions

- Very difficult decisions to make
- Easier to make case for MOA because not rated yet
- FOF disposition can lose aviator a career